## media release

Colorado Department of Agriculture www.colorado.gov/ag

FOR IMMEDIATE RELEASE

September 24, 2012

Contact: Wendy White, (303) 239-4119, Wendy.White@ag.state.co.us

## Experience Farm Fun this Fall

LAKEWOOD, Colo.—Fall is here and there is a chill in the air. This time of year brings a variety of family events involving agriculture including pumpkin patches and corn mazes. To help people explore agritourism in the state, the Colorado Department of Agriculture lists a variety of seasonal activities online at <a href="https://www.coloradoagritourism.com">www.coloradoagritourism.com</a>.

"Although summer has ended, Colorado's harvest and on farm and ranch fun continues," said Wendy White, marketing specialist for the Colorado Department of Agriculture. "Farms and ranches are opening their doors for people to visit and experience Colorado agriculture."

Online resources include a list featuring corn mazes across the state as well as harvest festivals and pumpkin patches. The site also lists farmers' markets, bird watching trails, wineries, agricultural festivals, ranch vacations and more.

Pumpkin Picking Tips: When selecting your pumpkin, choose a gourd that is heavy for its size, clean, well-shaped with no cracks in the rind and avoid those with soft spots or decay. More than just a beautiful decoration, pumpkins are nutritious. They are fat free, sodium free, a good source of Vitamin C and an excellent source of Vitamin A.

For more information, visit <u>www.coloradoagritourism.com</u> or call (303) 239-4119.

###